[0039] A schematic top view and sectional side views of the surface of part of the mold according to yet another exemplary embodiment of the present invention provided with the projections 13 on its molding surface are shown in FIG. 4 and FIGS. 5A and 5B, respectively. The exemplary projections 13 shown in FIG. 4 and FIGS. 5A and 5B are illustrated as circular cylinders which can be provided at predetermined intervals on the molding surface of the mold, but it is desirable that the shape of their horizontal sections be any of a circular shape, a polygonal shape, and a star-shape, and that the shape of their vertical section be rectangular or trapezoidal. They also may be hemispherical. Incidentally, it may be desirable that plural projections 13 of the mold be provided on the molding surface, and the projections 13 may be provided on part of the molding surface or may be provided on the entire surface. Furthermore, they may be provided on either or both of the punch and the die.